

## Spaghetti Stuffed Peppers

*By Kimberli Washington*



### Ingredients

- 6 bell peppers (assorted colors)
- 8 ounces thin spaghetti
- 2 tablespoons extra virgin olive oil
- 1 ½ cups spaghetti meat sauce
- Parmesan cheese (garnish)

### Directions

1. Pre-heat oven to 350 degrees.
2. Cut tops and remove rib and seeds from bell peppers; then rinse.
3. Place bell peppers in a large pot of boiling water for about 2 to 3 minutes. Remove and dry on a paper towel.
4. Bring another large pot of water to a boil; add olive oil and cook pasta as instructed on package.
5. In a medium-size pan, heat spaghetti meat sauce. Transfer cooked spaghetti to sauce and mix together well.
6. Put about ½ a cup of spaghetti mixture into each pepper and place peppers side by side in a baking dish. Bake about 15 minutes and let cool before serving.
7. Top with parmesan cheese and serve with a salad. Enjoy!!!

**Disclaimer:** It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.